

Counseling Corner

Counseling Corner will provide a monthly article on mental health topics of interest.



Jessica Lupon, LPC
Barbara Tatum, LPC
Meredith O'Brien, LCSW
Lonjeté T. Nias, LCSW

In today's busy world full of responsibilities, school, work and the often dreaded "to-do" lists, we often struggle to focus on our mental health needs. It can be difficult to check-in with ourselves and to connect and to identify where we may need guidance and support. Talking to a trained professional can help you learn concrete coping strategies to deal with life's stresses, events and transitions.

Meredith O'Brien & Associates, LLC is a private practice located in Red Bank, New Jersey. We offer therapeutic counseling services for children, adolescents and adults. Meredith O'Brien founded her practice six years ago and is thrilled to be able to help people in the community. "I am honored to hear people's stories and to help them get to a place of balance and clarity."

The practice is made up of Meredith O'Brien, LCSW, and her associates. Meredith received her Allied Health Studies (with a concentration in counseling) Masters degree from the College of Mount Saint Vincent and her Masters degree in Social Work from Fordham University. Last year

Meredith had the opportunity to expand her practice and now has the pleasure to work with her associates: Barbara Tatum, LPC, Lonjeté T. Nias, LCSW and Jessica Lupon, LPC. Barbara Tatum received her Masters degree in Professional Counseling from Seton Hall University. Lonjeté T. Nias received her Masters degree in Social Work from the University of Pennsylvania. Jessica Lupon received her Masters degree in Professional Counseling from Seton Hall University.

Services are offered Monday through Saturday, including late hour appointments. Having a diverse staff allows us to meet the needs of our clients. Our past and present experiences in the school, agency, hospital, crisis-intervention, in-home counseling, partial hospitalization and intensive outpatient environments enables us to use our varied expertise and experience to serve our clients.

Located in a cozy, quaint Victorian home with a fireplace in the waiting room, we offer a nurturing and comforting environment to empower our clients. We help them to process

and to resolve issues, events and transitions that impact their ability to function. Areas of specialty include depression and other mood disorders, anxiety, eating disorders, substance abuse, self-harm, chronic suicide ideation, dual-diagnosis, borderline personality disorder, stress management, self-esteem, parenting, divorce, grief, school avoidance, oppositional defiance, ADHD, social skills, crisis intervention, anger management, family conflict, girl's leadership and life transitions.

We use different treatment modalities to support the clients we serve. Therapeutic approaches include cognitive behavior therapy, dialectical behavior therapy, motivational interviewing, strengths-based, solution-focused, family systems, music therapy and mindfulness.

Currently the practice offers Dialectical Behavior Therapy (DBT) groups for teenagers, young adults and adults. DBT is an evidence-based practice that teaches skills in four modules: Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness. The growing practice plans to start new groups including social skills, teen process, adult process and girl's leadership. Being in a group helps you to identify with others, to feel less alone and to learn from one another.

You deserve to focus on you. Please call today at 732-977-9729 to talk to a therapist and discuss if counseling services would be appropriate for you or a loved one.

The information provided is not intended as medical advice. For questions you should consult a therapist.

Meredith O'Brien & Associates, LLC
MENTAL HEALTH COUNSELING

52 Reckless Place, Red Bank, NJ
Meredithobrienlcsw.com • 732.977.9729

Individual Therapy • Group Therapy
Family Therapy • Couples Therapy
Children • Adolescents • Adults
Dialectical Behavior Therapy Groups
Depression • Anxiety • Substance Abuse
Eating Disorders • ADHD • Parenting
Self Esteem • Girls Leadership